

**NAVAL BASE SAN DIEGO**



# **GROUP X SCHEDULE**

**3<sup>rd</sup> Quarter • April - June 2025**

## **MONDAY**

0700 Command Class (FS by apt)  
0800 Command HIIT (FS by apt)  
1100 Core Power (HS)  
1100 1<sup>st</sup> & 3<sup>rd</sup> Strength (Mussels)  
1100 2<sup>nd</sup> & 4<sup>th</sup> Regen & Stretch (Mussels)  
1200 Workout of the Day (FS)  
1530 Full Body Circuit (FS)  
1630 Spin (FS)

## **THURSDAY**

0930 Aquafit (FHP)  
1000 HIIT (HS)  
1100 Yoga (FS)  
1200 Workout of the Day (FS)  
1300 Command Class (FS by apt)  
1400 Command PRT PREP NOFFS (FS by apt)  
1530 Yoga (FS)  
1700 Sweat & Burn (FS)

## **TUESDAY**

0700 Command Class (FS by apt)  
0800 Command HIIT (FS by apt)  
0930 Aqua Strength (FHP)  
0930 TRX Plus (FS)  
1200 Workout Of The Day (FS)  
1000 HIIT (HS)  
1400 Command PRT PREP NOFFS (FS by apt)  
1700 Sweat & Burn (FS)  
1800 Dance Cardio (FS)

## **FRIDAY**

0700 Command HIIT (FS by apt)  
0830 Command HIIT (FS by apt)  
0915 Yoga (FS)  
1200 Workout of the Day (FS)

## **WEDNESDAY**

0700 Spin (FS)  
0800 Command HIIT (FS by apt)  
1100 Core Power (HS)  
1100 Spin Upper Hybrid (Mussels)  
1300 Command Class (FS by apt)  
1530 Boot Camp (FS)  
1800 Pound (FS)

## **SATURDAY**

1000 Zumba 1<sup>st</sup> & 3<sup>rd</sup> Saturdays (FS)  
1100 Sweat & Burn (FS)

FS = Fitness Station bldg. 3417  
HS = Harborside bldg. 3477  
Mussels – Downtown bldg. 750

NZ = NOFFS zone bldg. 3279  
FHP – Prout Pool bldg. 3279

[Maria.a.reiff.civ@us.navy.mil](mailto:Maria.a.reiff.civ@us.navy.mil) to schedule appts.

[Navylifefsw.com](http://Navylifefsw.com) Schedules online





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Spin: High intensity cardio low impact workout with super motivating instructors & music.

Workout of the Day: Variety of exercises focusing on total-body strength training & metabolic (cardio) conditioning.

Sweat & Burn: 45 minute cardio based workout using explosive exercises combining low & high intensity.

Command HIIT / PREP: Make an appointment for your command & we'll help everyone ready for the next PRT.

TRX Plus: Interval workout which maximizes overall performance utilizing TRX trainer, kettle bells, sandbags & more.

Dance Cardio: A whole lot of dance into fitness with fun music & energized instructors.

Pound: Grab the drum sticks & turn on the music. Get the workout while having tons of fun.

Boot Camp: Work hard with kettle bells, bands, TRX, weights & more.

Zumba: Spice it up a bit with high energy music, energized instructor and a whole bunch of dancing. Get fit while you dance.

Yoga: Use physical postures, breathing exercises and meditation to improve overall health connecting body, breath & mind.

Full Body Circuit: A total body workout to strengthen and improve all major muscle groups and energy systems.

Core Power: Focuses on core stability & endurance, pushing/pulling technique and soft tissue.

HIIT (High Intensity Interval Training): Elevate the heart rate and get a total full body workout that you'll crave more of.

Aquafit: Put on your swim suit & get in the pool for an amazing whole body workout in the water.

Aqua Strength: Come build your muscles up in a pool. Yep it's possible and you'll get a GREAT workout too.

Spin Upper Hybrid: Low impact, High heart rate. Beginner friendly spin and upper body workout you'll never miss.

FS = Fitness Station bldg. 3417

HS = Harborside bldg. 3477

OG = Olde Gym bldg. 223

NZ = NOFFS zone bldg. 3279

FHP – Prout Pool bldg. 3279

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